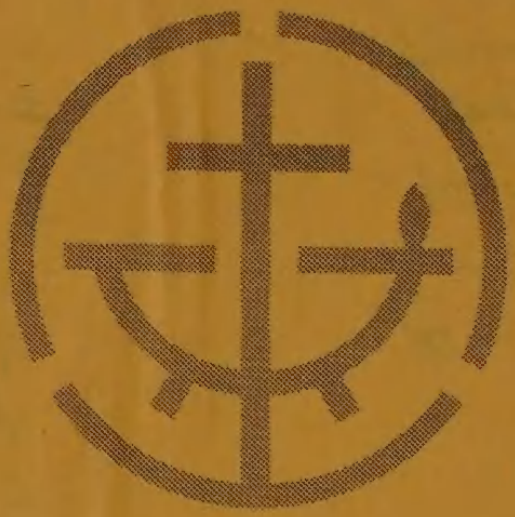
School of Theology at Claremont
1001 1328409

THOUGHTS FROM TRINE

BF
639
T668



Theology Library

SCHOOL OF THEOLOGY
AT CLAREMONT
California

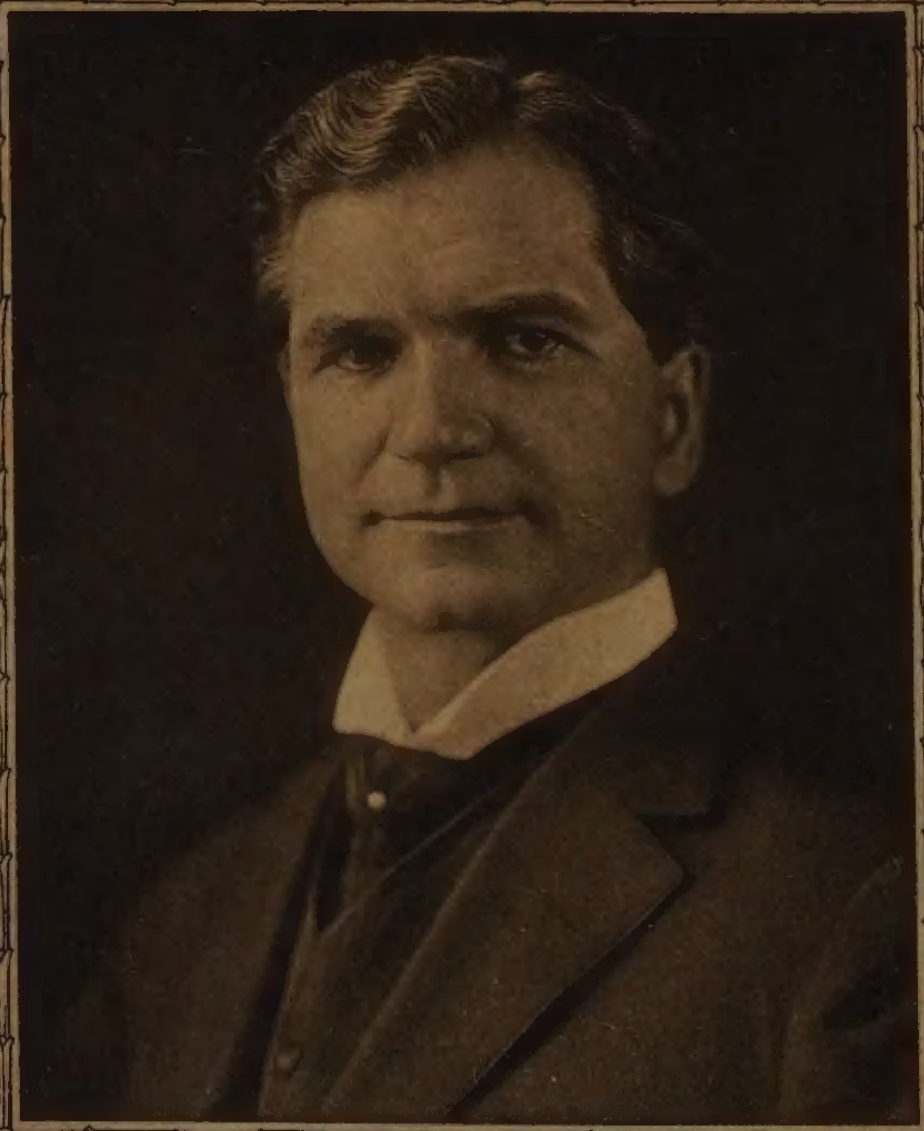
BF
639
T668

THOUGHTS FROM TRINE

We cannot fail if we live always in the brave and cheerful attitude of mind.

R. W. Trine.

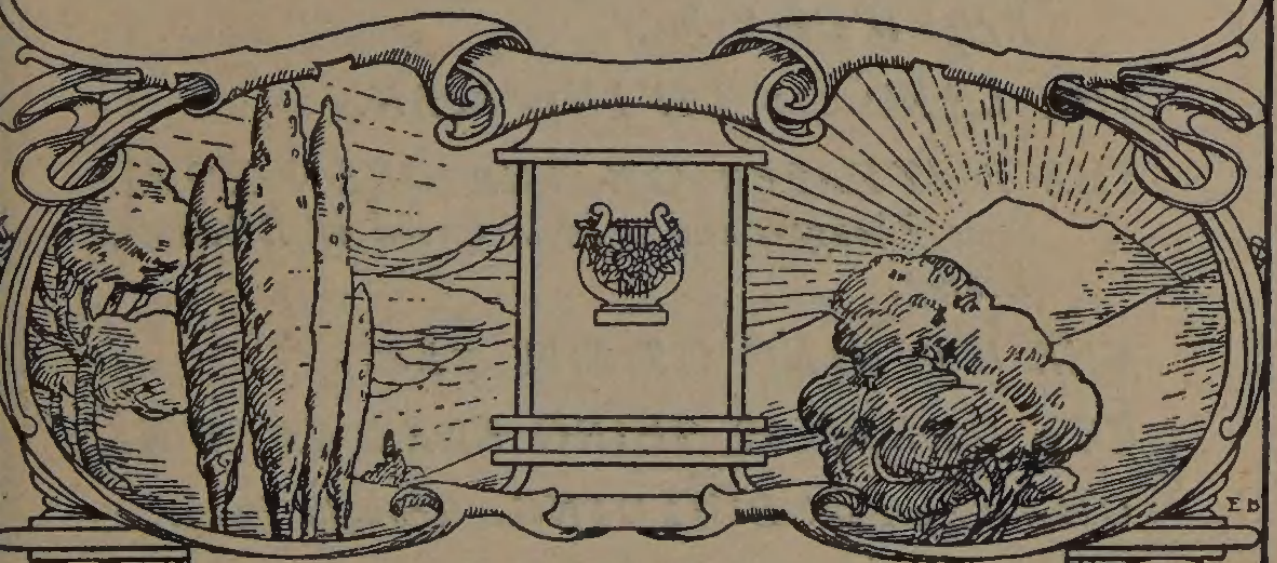
226522



RALPH WALDO TRINE

THOUGHTS FROM TRINE

An ANTHOLOGY from the works of RALPH WALDO TRINE



LONDON
G · BELL AND SONS · LTD ·

A LIST OF THE WORKS OF RALPH WALDO TRINE

IN TUNE WITH THE INFINITE; or, Fulness of Peace, Power, and Plenty.

IN THE HOLLOW OF HIS HAND.

WHAT ALL THE WORLD'S A-SEEKING; or, The Vital Law of True Life, True Greatness, Power, and Happiness.

THE NEW ALINEMENT OF LIFE. Concerning the Mental Laws of a Greater Personal and Public Power.

THIS MYSTICAL LIFE OF OURS. Thoughts for each week of the year, from the Works of Ralph Waldo Trine.

THE LAND OF LIVING MEN.

THE WAYFARER ON THE OPEN ROAD. Some Thoughts and a little Creed of Wholesome Living.

THE WINNING OF THE BEST.

THE GREATEST THING EVER KNOWN.

CHARACTER-BUILDING: Thought Power.

EVERY LIVING CREATURE; or, Heart-Training through the Animal World.

THOUGHTS FROM TRINE

THERE is a golden thread that runs through every religion in the world.

THIS same golden thread must enter into the lives of all who to-day, in this busy work-a-day world of ours, would exchange impotence for power, weakness and suffering for abounding health and strength, pain and unrest for perfect peace, poverty of whatever nature for fullness and plenty.

Mental Attitude

The mental attitude we take toward anything determines to a greater or less extent its effects upon us. If we fear it, or if we antagonize it, the chances are that it will have detrimental or even disastrous effects upon us. If we come into harmony with it by quietly recognizing and inwardly asserting our superiority over it, in the degree that we are able successfully to do this, in that degree will it carry with it no injury for us.

Many a man has been made sick by having the ill thoughts of a number of people centred upon him; some have been actually killed. Put hatred into the world and we make it a literal hell.

Put love into the world and heaven with all its beauties and glories becomes a reality.

Immanence of God

GOD is immanent as well as transcendent. He is creating, working, ruling in the universe to-day, in your life and in mine, just as much as He ever has been. We are too apt to regard Him after the manner of an absentee landlord, one who has set into operation the forces of this great universe, and then taken Himself away.

THERE are almost countless numbers to-day, weak and suffering in body, who would become strong and healthy if they would only give God an opportunity to do His work. To such I would say, *Don't shut out the divine inflow.* Open yourselves to it. Invite it. In the degree that you open yourselves to it, its inflowing tide will course through your bodies a force so vital that the old obstructions that are dominating them to-day will be driven out before it.

WISE is he who determines early to do away forever with the companionship of the two twins—Fear and Worry. They are black fellows. They never help us. They never work, they never clean for us, but in their pails they carry always poison. Why not good-night, then, to the Black Twins!

THE power of every life, the very life itself, is determined by what it relates itself to.

FEAR and worry have the effect of closing up the channels of the body, so that the life forces flow in a slow and sluggish manner. Hope and tranquillity open the channels of the body, so that the life forces go bounding through it in such a way that disease can rarely get a foothold.

All Life from within out

God is the Spirit of Infinite Life. If we are partakers of this life, and have the power of opening ourselves fully to its divine inflow, it means more, so far as even the physical life is concerned, than we may at first think. For very clearly, the life of this Infinite Spirit, from its very nature, can admit of no disease; and if this is true, no disease can exist in the body where it freely enters, through which it freely flows.

Let us recognize at the outset that, so far as the physical life is concerned, *all life is from within out.* There is an immutable law which says: "As within, so without; cause, effect." In other words, the thought forces, the various mental states and the emotions, all have in time their effects upon the physical body.

It is well to find our centre early, and if not early then late; but, late or early, the thing to do is to find it.

Thoughts are Forces

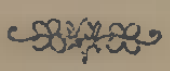
THE moment a person realizes his oneness with the Infinite Spirit he recognizes himself as a spiritual being, and no longer as a mere physical, material being. He then no longer makes the mistake of regarding himself as a body, subject to ills and diseases, but he realizes the fact that he is spirit, spirit now as much as he ever will or can be, and that he is the builder and so the master of the body, the house in which he lives; and the moment he thus recognizes his power as master he ceases in any way to allow it the mastery over him. He no longer fears the elements or any of the forces that he now in his ignorance allows to take hold of and affect the body.

THOUGHTS are forces. Each creates of its kind. Each comes back laden with the effect that corresponds to itself and of which it is the cause.

Mental Influence

Subtle and powerful are the influences of the mind in the building and rebuilding of the body. As we understand them better it may become the custom for people to look forward with pleasure to the teens of their second century.

Not only do we attract to ourselves the things we fear, but we also aid in attracting to others the conditions we in our own minds hold them in fear of. This we do in proportion to the strength of our own thought, and in the degree that they are sensitively organized and so influenced by our thought, and this, although it be unconscious both on their part and on ours.



The moment we come to love a thing it no longer carries harm for us.

The Divine Sequence

THERE is a divine sequence running throughout the universe. Within and above and below the human will incessantly works the Divine will. To come into harmony with it and thereby with all the higher laws and forces, to come then into league and to work in conjunction with them, in order that they can work in league and in conjunction with us, is to come into the chain of this wonderful sequence. This is the secret of all success. This is to come into the possession of unknown riches, into the realization of undreamed-of powers.

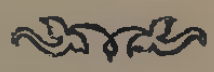
IF you would find the highest, the fullest, and the richest life that not only this world but that any world can know, then do away with the sense of the separateness of your life from the life of God.

THE health of your body, the same as the health and strength of your mind, depends upon what you relate yourself with. This Infinite Spirit of Life, this Source of all Life, can from its very nature, we have found, admit of no weakness, no disease. Come then into the full, conscious, vital realization of your oneness with this Infinite Life, open yourself to its more abundant entrance, and full and ever-renewing bodily health and strength will be yours.

FULL, rich, and abounding health is the normal and the natural condition of life. Anything else is an abnormal condition, and abnormal conditions as a rule come through perversions. God never created sickness, suffering, and disease; they are man's own creations. They come through his violating the laws under which he lives.

Windows of the Soul

If the windows of your soul are dirty and streaked, covered with matter foreign to them, then the world as you look out of them will be to you dirty and streaked and out of order. Cease your complainings, however; keep your pessimism, your "poor, unfortunate me" to yourself, lest you betray the fact that your windows are badly in need of something. But know that your friend, who keeps his windows clean, that the Eternal Sun may illumine all within and make visible all without—know that he lives in a different world from yours.



Then, go wash your windows, and instead of longing for some other world, you will discover the wonderful beauties of this world; and if you don't find transcendent beauties on every hand here, the chances are that you will never find them anywhere.

GIVE the body the nourishment, the exercise, the fresh air, the sunlight it requires, keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength and not with weakness and disease.

To dwell upon the negative side is always destructive. This is true of the body the same as it is true of all other things.

WOULD you have in your body all the elasticity, all the strength, all the beauty of your younger years? Then live these in your mind, making no room for unclean thought, and you will externalize them in your body.

SUFFERING is designed to continue only so long as sin continues, sin not necessarily in the theological, but always in the philosophical sense, though many times in the sense of both. The moment the violation ceases, the moment one comes into perfect harmony with the law, the cause of the suffering ceases; and though there may be residing within the cumulative effects of past violation, the cause is removed, and consequently there can be no more effects in the form of additions, and even the diseased condition that has been induced from past violation will begin to disappear as soon as the right forces are set into activity.

IN the degree that we live in harmony with the higher laws of our being, and so, in the degree that we become better acquainted with the powers of the mind and spirit, will we give less attention to the body,—no less *care*, but less *attention*.

THE very fact of one's holding the thought of perfect health sets into operation vital forces which will in time be more or less productive of the effect—perfect health. Then speaking more directly in regard to the great principle itself, from its very nature, it is clear that more can be accomplished through the process of realization than through the process of affirmation, though for some affirmation may be a help, an aid to realization.

FEAR and worry and all kindred mental states are too expensive for any person, man, woman, or child, to entertain or indulge in. Fear paralyses healthy action, worry corrodes and pulls down the organism, and will finally tear it to pieces. Nothing is to be gained by it, but everything to be lost. Long-continued grief at any loss will do the same. Each brings its own peculiar type of ailment.

Life's Centre

THERE is probably no agent that brings us more undesirable conditions than fear. We should live in fear of nothing, nor will we when we come fully to know ourselves.

To live undisturbed by passing occurrences you must first find your own centre. You must then be firm in your own centre, and so rule the world from within. He who does not himself condition circumstances allows the process to be reversed, and becomes a conditioned circumstance. Find your centre and live in it. Surrender it to no person, to no thing. In the degree that you do this will you find yourself growing stronger and stronger in it. And how can one find his centre? By realizing his oneness with the Infinite Power, and by living continually in this realization.

HOLD to the thought of your oneness (with the Eternal). In the degree that you do this you will find yourself realizing it more and more, and as this life of realization is lived, you will find that no good thing will be withheld, for all things are included in this. Then it will be yours, without fears or forebodings, simply to do to-day what your hands find to do, and so be ready for to-morrow, *when it comes*, knowing that to-morrow will bring to-morrow's supplies for the mental, the spiritual, and the physical life. Remember, however, that to-morrow's supplies are not needed until to-morrow comes.

EVERYTHING that comes into each life has its place and its purpose, its part to play, and were it not necessary or were it not good in the long run that it come it would not come.

HERE is a lesson I have learned: whatever conditions are in my life to-day that are not the easiest and most agreeable, and whatever conditions of this type all coming time may bring, I will take them just as they come, without complaint, without depression, and meet them in the wisest possible way; knowing that they are the best possible conditions that could be in my life at the time, or otherwise they would not be there; realizing the fact that, although I may not at the time see why they are in my life, although I may not see just what part they have to play, the time will come, and when it comes I will see it all, and thank God for every condition just as it came.

WE progress in the degree that we manipulate wisely all things that enter into our lives, and that make the sum total of each one's life experience.

Learn from Experience

THERE is no experience in any life which if rightly regarded, rightly turned and thereby wisely used, cannot be made of value; many times things thus turned and used can be made sources of inestimable gain; ofttimes they become veritable blessings in disguise.

THERE is no better way to help one to help himself than to bring him to a knowledge of himself. There is no better way to bring one to a knowledge of himself than to lead him to a knowledge of the powers that are lying dormant within his own soul. There is nothing that will enable him to come more readily or more completely into an awakened knowledge of the powers that are lying dormant within his own soul, than to bring him into the conscious, vital realization of his oneness with the Infinite Life and Power, so that he may open himself to it in order that it may work and manifest through him.

A FRIEND who knows the power of the interior forces, and whose life is guided in every detail by them, has given a suggestion in this form: When you are in the arms of the bear, even though he is hugging you, look him in the face and laugh, but all the time keep your eye on the bull. If you allow all of your attention to be given to the work of the bear, the bull may get entirely out of your sight.

IN other words, if you yield to adversity the chances are that it will master you, but if you recognize in yourself the power of mastery over conditions then adversity will yield to you, and will be changed into prosperity. If when it comes you calmly and quietly recognize it, and use the time that might otherwise be spent in regrets, and fears, and forebodings, in setting into operation the powerful forces within you, it will soon take its leave.

Let us be brave and strong in the presence of each problem as it presents itself and make the best of all. Let us help the things we can help, and let us be not bothered or crippled by the things we cannot help. The great God of all is watching and manipulating these things most wisely, and we need not fear or even have concern regarding them.

We can be our own best friends or we can be our own worst enemies. In the degree that we become friends to the highest and best within us, we become friends to all; and in the degree that we become enemies to the highest and best within us, do we become enemies to all.

To be one's self is the only worthy, and by all means the only satisfactory, thing to be.

Service

SERVICE for others is just as essential to our real happiness and to our highest welfare as is the fact that we work for our own individual welfare. No man lives to himself alone.

THE greatest service we can do for another is to help him to help himself.

WHEN we come fully to realize the great fact that all evil and error and sin with all their consequent sufferings come through ignorance, then wherever we see a manifestation of these in whatever form, if our hearts are right, we will have compassion, sympathy and compassion for the one in whom we see them. Compassion will then change itself into love, and love will manifest itself in kindly service. Such is the divine method.

Centres of Happiness

THERE are people all around us who are continually giving out blessings and comfort, persons whose mere presence seems to change sorrow into joy, fear into courage, despair into hope, weakness into power.

It is the one who has come into the realization of his own true self who carries this power with him and who radiates it wherever he goes,—the one who, as we say, has found his centre.

ANY one—a fool or an idiot—can be exclusive. It comes easy. It takes and it signifies a large nature to be universal, to be inclusive.

Only the man or the woman of a small, personal, self-centred, self-seeking nature is exclusive. The man or the woman of a large, royal, unself-centred nature never is. The small nature is the one that continually strives for effect. The larger nature never does.

The Larger Life

LIFE is so much more interesting than boards and bricks, than lands and business blocks, and even bank accounts.

AMONG the most thoroughly self-deluded people in the world are those who think that in the multiplication of things and possessions happiness or contentment lies.

THE man who is working for greatness alone is the man who ordinarily never achieves it.

IF a man is mastered by his business he is little different in reality from the man who is mastered by his whiskey bottle. It is merely another exhibition of human weakness.

Be True to Yourself

THERE is no more important injunction in all the world, nor one with a deeper interior meaning, than "To thine own self be true." In other words, be true to your own soul, for it is through your own soul that the voice of God speaks to you. This is the interior guide. This is the light that lighteth every man that cometh into the world. This is conscience. This is intuition. This is the voice of the higher self, the voice of the soul, the voice of God. "Thou shalt hear a voice behind thee, saying: This is the way, walk ye in it."

WOULD you remain always young, and would you carry all the joyousness and buoyancy of youth into your maturer years? Then have care concerning but one thing—how you live in your thought world. This will determine all.

Cause and Effect

EVERYTHING in the visible, material world has its origin in the unseen, the spiritual, the thought world. This is the world of cause, the former is the world of effect. The nature of the effect is always in accordance with the nature of the cause.

WITHIN each one lies the cause of whatever comes to him. Each has it in his own hands to determine what comes. What one lives in his invisible, thought world, he is continually actualizing in his visible, material world. If he would have any conditions different in the latter he must make the necessary change in the former. A clear realization of this great fact would bring success to thousands of men and women who all about us are now in the depths of despair. It would bring health, abounding health and strength to thousands now diseased and suffering. It would bring peace and joy to thousands now unhappy and ill at ease.

The Will to Prevail

We can be men and women of power or we can be men and women of impotence. The moment one vitally grasps the fact that he can rise he will rise, and he can have absolutely no limitations other than the limitations he sets to himself. Cream always rises to the top. It rises simply because *it is the nature of cream to rise.*

The whole of human life is cause and effect; there is no such thing in it as chance, nor is there even in all the wide universe. Are we not satisfied with whatever comes into our lives? The thing to do, then, is not to spend time in railing against the imaginary something we create and call fate, but to look to the within, and change the causes at work there, in order that things of a different nature may come, for there will come exactly what we cause to come.

Building your Life

EACH is building his own world. We both build from within and we attract from without. Thought is the force with which we build, for thoughts are forces.

LIKE builds like and like attracts like. In the degree that thought is spiritualized does it become more subtle and powerful in its workings. This spiritualizing is in accordance with law and is within the power of all.

IT was the inspired one, Gautama, the Buddha, who said, "The mind is everything; what you think you become." And the same thing had Ruskin in mind when he said, "Make yourself nests of pleasant thoughts. None of us as yet know, for none of us have been taught in early youth, what fairy palaces we may build of beautiful thought—*proof against all adversity.*"

The Science of Thought

THOUGHT is at the bottom of all progress or retrogression, of all success or failure, of all that is desirable or undesirable in human life.

AFTER a certain age is reached in any life, the prevailing tone and condition of that life is the resultant of the mental habits of that life. If one have mental equipment sufficient to find and to make use of the Science of Thought in its application to scientific mind and body building, habit and character building, there is little by way of heredity, environment, attainment of which he or she will not be the master.

IF we are attractive or unattractive to ourselves and to others the cause lies in ourselves; this is true of all ages.

Like attracts Like

THE clearly established law of thought as a force is that *like creates like and like attracts like.*

THE hopeful, cheerful, confident find themselves continually growing in faith, in confident, healthy optimism, in courage; they are also continually attracting and drawing to themselves, thus gaining as friends and helpers those of similar qualities and possessions, and they are likewise inspiring these qualities in others.

IN the degree that we open ourselves to the higher powers and let them manifest through us, then by the very inspirations we carry with us do we become in a sense the saviours of our fellow-men, and in this way we all are, or may become, the saviours one of another.

All-Embracing Love

THERE is no quality that exerts more good, is of greater service to all mankind during the course of the ordinary life, than the mind and the heart that goes out in an all-embracing love for all, that is the generator and the circulator of a genuine, hearty, wholesome sympathy and courage and good cheer, that is not disturbed or upset by the passing occurrence little or great, but that is serene, tranquil, and conquering to the end, that is looking for the best, that is finding the best, and that is inspiring the best in all.

THERE is, moreover, no quality that when genuine brings such rich returns to its possessor by virtue of the thoughts and the feelings that it inspires and calls forth from others and that come back laden with their peaceful, stimulating, healthful influences for him.

Emanations

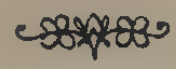
When the highest speaks to the highest in another, sooner or later the response is sure. In this way birth is given to ever-widening circles of influence that make for the good, the honest, the righteous, therefore the happy, in this at times hard and complex, but on the whole, good old world of ours.

The higher the life the more inspiring and helpful are the emanations that it is continually sending out. The lower the life the more harmful is the influence it continually sends out to all who come in contact with it. Each one is continually radiating an atmosphere of one kind or the other.

When we open ourselves to the highest inspirations they never fail us. When we fail to do this we fail in attaining the highest results, whatever the undertaking.

Spiritual Power

WHATEVER can't be done in the physical can be done in the spiritual. And in direct proportion as a man recognizes himself as spirit, and lives accordingly, is he able to transcend in power the man who recognizes himself merely as material.



A KNOWLEDGE of the Spiritual Power working in and through us as well as in and through all things, a power that works for righteousness, leads to optimism. Pessimism leads to weakness. Optimism leads to power.

THERE is nothing firmer, and safer, and surer than Deity. Then, as we recognize the fact that we have it in our own hands to open ourselves ever more fully to this Infinite Power, and call upon it to manifest itself in and through us, we will find in ourselves an ever increasing sense of power.

PATIENCE and steadfastness and withal happiness and much laughter, mingled with whatever tears there may be along the way, will make even the most humble life the highest that can be lived. Such a life can end only in triumph; nay, it is a triumph during its progress, and even its failures are parts of its triumph.

COURAGE and faith beget energy and power; energy and power rightly directed bring success. Such, as a rule, are the successful people—successful simply by way of natural law.

IT is not a bad thing for each one early to get a little "philosophy" into his life. It will be of much aid as he advances in life; it will many times be a source of great comfort, as well as of strength, in trying times and in later life.

Vain Regrets

MANY a man, many a woman, has had a good round half dozen years or even more clipped from his or her life in moping, in vain and absolutely foolish regrets for this or that occurrence or series of occurrences in the past, thereby blocking initiative and neutralizing powers that rightly used would have led speedily to actualizing the attainment of the conditions desired.

To take the positive, the cheerful attitude of mind, bidding good-bye to fear and setting about resolutely for the actualization of those conditions that are good and desirable, we thus set into operation silent but subtle and all-powerful forces that will work for us continual good. In this way fear will gradually lose its hold and we will find ourselves becoming masters instead of, as formerly, creatures of circumstance.

Fear or Faith

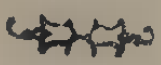
FEAR and lack of faith go hand in hand. The one is born of the other. Tell me how much one is given to fear, and I will tell you how much he lacks in faith.

FEAR is a most expensive guest to entertain, the same as worry is: so expensive are they that no one can afford to entertain them. *We invite what we fear, the same as, by a different attitude of mind, we invite and attract the influences and conditions we desire.* The mind dominated by fear opens the door for the entrance of the very things, for the actualization of the very conditions it fears.

FEAR is, so to speak, the direct opposite of faith, and faith is perhaps the strongest and most effective mental-spiritual force that we can possess or grow.

The Power of Faith

It is the man or woman of faith, and hence of courage, who is the master of circumstances, and who makes his or her power felt in the world. It is the man or the woman who lacks faith and who as a consequence is weakened and crippled by fears and forebodings, who is the creature of all passing occurrences.



Don't fold your hands and expect to see things drop into your lap, but set into operation the higher forces and then take hold of the first thing that offers itself. Do what your hands find to do, *and do it well.* If this work is not thoroughly satisfactory to you, then affirm, believe, and expect that it is the agency that will lead you to something better.

He who has the quest of the good in his heart has merely to travel on a step at a time, knowing that the second will be made clear when the first is taken.

We hear much said of "environment." We need to realize that environment should never be allowed to make the man, but that man should always, *and always can*, condition the environment.

Don't say you can't help it. If you think you can't, the chances are that you can't. If you think you can, and act in accordance with this thought, then not only are the chances that you can, but if you act fully in accordance with it, that you can and that you will is an absolute certainty.

Then take the thought that you *can*; take it merely as a seed-thought, if need be, plant it in your consciousness, tend it, cultivate it, and it will gradually reach out and gather strength from all quarters.

If we are born to have dominion, and that we are is demonstrated by the fact that some have attained to it—and what one *has* done, soon or late all *can* do—then it is not necessary that we live under the domination of any physical agent. In the degree that we recognize our own interior powers, then are we rulers and able to dictate; in the degree that we fail to recognize them, we are slaves, and are dictated to. We build whatever we find within us; we attract whatever comes to us, and all in accordance with spiritual law, for all natural law is spiritual law.

To find one's centre, to become centred in the Infinite, is the first great essential of every satisfactory life; and then to go out, thinking, speaking, working, loving, living, from this centre.

The Breath of God

NOTHING stirs the central wheel of the soul like the Breath of God. The whole man is quickened, his senses are new senses, his emotions new emotions; his reason, his affections, his imagination, are all new-born. The change is greater than he knows; he marvels at the powers in himself which the Breath is opening and calling forth. He finds his nature to be an unutterable thing; he is sure therefore that the future must have inconceivable surprises in store.

THE moment that we come into a realization of our true selves, and so of the tremendous powers and forces within,—the powers and forces of the mind and spirit,—hereditary traits and influences that are harmful in nature will begin to lessen, and will disappear with a rapidity directly in proportion to the completeness of this realization.

WHATEVER estimate you put upon yourself will determine the effectiveness of your work along any line. As long as you live merely in the physical and the intellectual, you set limitations to yourself that will hold you as long as you so live.

No disease can enter into or take hold of our bodies unless it find therein something corresponding to itself which makes it possible. And in the same way, no evil or undesirable condition of any kind can come into our lives unless there is already in them that which invites it and so makes it possible for it to come.

IN the degree that you keep young in thought will you remain young in body. And you will find that your body will in turn aid your mind, for body helps mind the same as mind builds body.

Work

WORK, definite, useful activity, and along with it the satisfaction of accomplishment, is necessary to growth and development, and unquestionably growth, development, attainment is the purpose, the object of life.

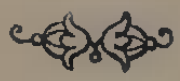
GOD, however, deliver us from the too earnest people, those whose work is so important that they can never find place for the time off, whose earnestness leads to inflation, or to a stealing of responsibility for many important—or less important—things from God, who have no time for the appreciation or the development of a sense of humour and the occasional levity, who eliminate the innocent pleasures and leisures and joys that a good, sensible, well-rounded and withal useful life takes as its portion.

The Middle Way

A LAW written into the very fibre of human life, so to speak, is to the effect that excesses, the abuse of anything good in itself, will end disastrously, so that one's pleasures and enjoyments will have to be gathered up for repairs, or perchance his shattered mind or body also, and in case of the latter then the former will have to bide their time or wait indefinitely for their resumption. Wise indeed is he who fully recognizes this law.

LOOK where we will, in or out and around us, we will find that it is the middle ground—neither poverty nor excessive riches, good wholesome use without license, a turning into the bye-ways along the main road—where innocent and healthy God-sent and God-intended pleasures and enjoyments are to be found; but never getting far enough away to lose sight of the road itself.

EACH morning is a fresh beginning. We are, as it were, just beginning life. We have it *entirely* in our own hands. And when the morning with its fresh beginning comes, all yesterdays should be yesterdays, with which we have nothing to do.



SUFFICIENT is it to know that the way we lived our yesterday has determined for us our to-day. And, again, when the morning with its fresh beginning comes, all to-morrows should be to-morrows, with which we have nothing to do. Sufficient to know that the way we live our to-day determines our to-morrow.

THERE is nothing that will bring us such abundant returns as to take a little time in the quiet each day of our lives. We need this to get the kinks out of our minds and hence out of our lives.

The Key to Life

In a sense love is everything. It is the key to life, and its influences are those that move the world. Live only in the thought of love for all and you will draw love to you from all. Live in the thought of malice or hatred, and malice and hatred will come back to you.

The grander natures and the more thoughtful are always looking for and in conversation dwelling on the better things in others. It is the rule with but few, if any exceptions, that the more noble and worthy and thoughtful the nature, the more it is continually looking for the best there is to be found in every life.

We should always look for the best there is, and always expect to find it.

If one hold himself in the thought of poverty, he will be poor, and the chances are that he will remain in poverty. If he hold himself, whatever present conditions may be, continually in the thought of prosperity, he sets into operation forces that will sooner or later bring him into prosperous conditions.

Never give a moment to complaint, but utilize the time that would otherwise be spent in this way in looking forward and actualizing the conditions you desire. Suggest prosperity to yourself. See yourself in a prosperous condition. Affirm that you will before long be in a prosperous condition. Affirm it calmly and quietly, but strongly and confidently. Believe it, believe it absolutely. Expect it,—keep it continually watered with expectation. You thus make yourself a magnet to attract the things that you desire.

Thoughts are forces, in that they have form and quality and substance and power, that they are the silent, unseen, but subtle agents at work, that they are daily and hourly producing and determining, and with almost absolute precision, the conditions in our lives.

As is the inner, therefore, so always *and necessarily* is the outer. What one lives in his thought world is continually forming and thus determining his outer material world.

That we have within us the force or the power that makes us what we are, and that we have it in our own hands to determine how that force, that power, shall be used is a revelation, if not clearly realized before, of tremendous import to any life.

ALL life is from within out. This is something that cannot be reiterated too often. The springs of life are all from within. This being true, it would be well for us to give more time to the inner life than we are accustomed to give to it.

THE kingdom of heaven is to be found only within, and this is done once for all, and in a manner in which it cannot otherwise be done, when we come into the conscious, living realization of the fact that in our real selves we are essentially one with the Divine life, and open ourselves continually so that this Divine life can speak to and manifest through us.

THOUGHTS of strength both build strength from within and attract it from without. Courage begets strength, fear begets weakness. And so courage begets success, fear begets failure.

While we are in life the one essential thing is to play our part bravely and well, and to keep our active interest in all its varying phases, the same as it is well to be able to adapt ourselves always to changing conditions. It is by the winds of heaven blowing over it continually and keeping it in constant motion, or by its continual onward movement, that the water in pool or stream is kept sweet and clear, for otherwise it would become stagnant and covered with slime.

If the life find its lot in the more common, the more lowly walks, then for one to go about the daily work and duties, doing all things well and with cheerful mind and heart, happy in the present and with full faith as to the working out of all things well and as is for the greatest good in the future, such a life is one of most royal success.

Perfect Harmony

ALL the frictions, all the uncertainties, all the ills, the sufferings, the fears, the forebodings, the perplexities of life come to us because we are out of harmony with the divine order of things. They will continue to come as long as we so live. Rowing against the tide is hard and uncertain. To go with the tide and thus to take advantage of the working of a great natural force is safe and easy.

To come into the conscious, vital realization of our oneness with the Infinite Life and Power is to come into the current of this divine sequence. Coming thus into harmony with the Infinite, brings us in turn into harmony with all about us, into harmony with the life of the heavens, into harmony with all the universe. And above all, it brings us into harmony with ourselves, so that body, soul, and mind become perfectly harmonized, and when this is so, life becomes full and complete.

Intuition

In the degree that we come into the recognition of our own *true* selves, into the realization of the oneness of our life with the Infinite Life, and in the degree that we open ourselves to this divine inflow, does this voice of intuition, this voice of the soul, this voice of God, speak clearly; and in the degree that we recognize, listen to, and obey it, does it speak ever more clearly, until by-and-by there comes a time when it is unerring, *absolutely unerring*, in its guidance.

If the times come when we know not what course to pursue, when we know not which way to turn, the fault lies in ourselves. If the fault lies in ourselves then the correction of this unnatural condition lies also in ourselves. It is never necessary to come into such a state if we are awake and remain awake to the light and the powers within us.

The sooner we begin to look within ourselves for the cause of whatever comes to us, the better it will be, for so much the sooner will we begin to make conditions within ourselves such that only *good* may enter.

The men and the women who are truly awake to the real powers within are the men and women who seem to be doing so little, yet who in reality are doing so much.

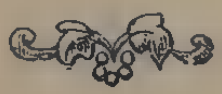
The life of every one is in his own hands and he can make it in character, in attainment, in power, in divine self-realization, and hence in influence, exactly what he wills to make it.

All things that a man most fondly dreams of are his, or may become so if he is truly in earnest.

God Gives All

MANY people greatly desire a certain thing, but expect something else. They have greater faith in the power of evil than in the power of good, and hence remain ill.

As all truth exists *now*, and awaits simply our perception of it, so all things necessary for present needs exist *now*, and await simply the power in us to appropriate them. God holds all things in His hands. His constant word is, My child, acknowledge me in all your ways, and in the degree that you do this, in the degree that you live this, then what is mine is yours.



THE Lord never prospers any man, but the man prospers because he acknowledges the Lord, and lives in accordance with the higher laws.

Real Pleasure

Life is not for mere passing pleasure, but for the highest unfoldment that one can attain to, the noblest character that one can grow, and for the greatest service that one can render to all mankind. In this, however, we will find the highest pleasure, for in this the only real pleasure lies. He who would find it by any short cuts, or by entering upon any other paths, will inevitably find that his last state is always worse than his first; and if he proceed upon paths other than these he will find that he will never find real and lasting pleasure at all.

Be true to the highest within your own soul, and then allow yourself to be governed by no customs or conventionalities or arbitrary man-made rules that are not founded upon *principle*.

EACH has his own problems to work out. Each must work out his own problems. Each must grow the insight that will enable him to see what the causes are that have brought the unfavorable conditions into his life; each must grow the strength that will enable him to face these conditions, and to set into operation forces that will bring about a different set of conditions. We may be of aid to one another by way of suggestion, by way of bringing to one another a knowledge of certain higher laws and forces—laws and forces that will make it easier to do that which we would do. The doing, however, must be done by each one for himself.

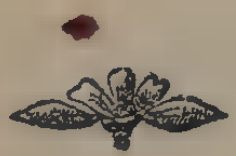
ALL things, good in themselves, are for use and enjoyment; but all things must be rightly used in order that there may be full and lasting enjoyment.

Peace and Happiness

If we have faith, if we have patience and perseverance, there is no condition, no experience that rightly viewed and rightly turned and used will not bring us stores of good.

Peace lies not in the external world. It lies within one's own soul. We may travel over many different avenues in pursuit of it, we may seek it through the channels of the bodily appetites and passions, we may seek it through all the channels of the external, we may chase for it hither and thither, but it will always be just beyond our grasp, because we are searching for it where it is not. In the degree, however, that we order the bodily appetites and passions in accordance with the promptings of the soul within will the higher forms of happiness and peace enter our lives; but in the degree that we fail in doing this will disease, suffering, and discontent enter in.

TAKE time to look the conditions squarely in the face, and to find the law whereby they have come about. And when we have discovered the law, the thing to do is not to rebel against it, not to resist it, but to go with it by working in harmony with it. If we work in harmony with it, it will work for our highest good, and will take us wheresoever we desire. If we oppose it, if we resist it, if we fail to work in harmony with it, it will eventually break us to pieces. The law is immutable in its workings. Go with it, and it brings all things our way; resist it, and it brings suffering, pain, loss, and desolation.

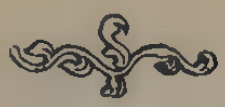


To spirit there are no bounds, and that spiritual communion, whether between two persons in the body, or two persons, one in the body and one out of the body, is within the reach of all. In the degree that the higher spiritual life is realized can there be this higher spiritual communion.

The things that we open ourselves to always come to us.

In the degree that we are filled with this Spirit of Peace by thus opening ourselves to its inflow does it pour through us, so that we carry it with us wherever we go. In the degree that we thus open ourselves do we become magnets to attract peace from all sources; and in the degree that we attract and embody it in ourselves are we able to give it forth to others.

True worship is daily living—daily living in the consciousness of the God within. It does not depend upon times or occasions or ceremony or places.



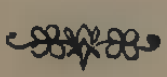
The consciousness of God in the soul of man is the substance of the Christian, as it is also the substance of all religion.

The great spiritual awakening, the beginnings of which we are witnessing in all parts of the world to-day, is evidence that the Divine Breath is stirring in the minds and hearts of men and women in a manner such as it has rarely if ever stirred before. Men and women are literally finding God.

The Greatest Thing

THE greatest thing ever known—indeed, the greatest thing that ever can be known—is that in our real essential nature we are one with the Infinite Life and Power, and that by coming into, and dwelling continually in, the *conscious, living realization* of this great fact, we enable to be manifested unto us and actualized within us the qualities and powers of the Divine Life, and this in the exact degree of the completeness of this realization on our part.

So if we would win the best, we must early get rightly related to the Source of Life, and in the degree that we preserve our right relation to it life flows on in a natural, orderly manner, and with a continually increasing unfoldment and growth.



It is solely by virtue of man's leaving the inner life of the spirit and thus departing from God, or by virtue of his not yet finding this real life, that sin and error, pain and disease, fears and forebodings, have crept as naturally and as necessarily as that effect follows cause into his life; only by closing his eyes to the inner light, by shutting his ears to the inner voice, that, although he has eyes to see, yet he sees not, and, although he has ears to hear, yet he hears not.

When you come into the realization of your oneness with the Infinite Life and Power, and open yourself that it may work through you, you will find that you have entered upon an entirely new phase of life, and that an ever increasing power will be yours. Then it will be true that your strength will be as the strength of ten because your heart is pure.

It rests upon each one to decide whether he or she will become a master or a creature of circumstances. It depends upon the direction in which one sets his face, and how persistently he then follows the road upon which he enters. The facing in the right direction is the main thing.

If, then, we have backbone and stamina and a fair degree of good cheer, which if persisted in will lead in time to a persistently merry heart all along the way, there can be but one outcome.

To set the face in the right direction, and then simply to travel on, unmindful and never discouraged by even frequent relapses by the way, is the secret of all human achievement.

Happiness

HAPPY and strong and conquering always to the end is he who knows the grasp of the Unseen Hand. He it is who all along on God's highway has the equipment for the winning of the best.

HAPPINESS is the natural and the normal; it is one of the concomitants of righteousness. Righteousness in its last analysis is living in right relations with the laws of the universe and with the laws of our own being. If we are making even a decent effort to know and to observe these laws, happiness in the main will be our portion.

THE better we understand life, the more we come to realize that *happiness is a duty.*

No clear thinking or clear seeing man or woman can be an apostle of despair. No life at whatever age, or under whatever circumstances, can fail to do wisely in realizing that the glories of the sunrise or the sunset colours are just as brilliant and just as beautiful for them as they have ever been.

To grow and to keep in person as attractive as possible should be not only every one's pleasure, but should be also every one's duty.

THERE is an especial duty at middle age to sow the right seed thoughts that will make the latter period of life as beautiful and as attractive as it can be made.

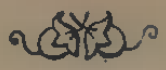
Contemplation

In true growth and development there is never any giving up: for what we gain is always of far greater value even for real enjoyment than that which we leave.

Contemplation to be followed by activity and creative effort, brings a balance to life that would otherwise be one-sided and productive of one-sided results, which always means loss in some form.

We can all afford to be exceedingly charitable towards others. The fact that every one of us has his failings, and also the fact that every one of us has stumbled and fallen—and at times fallen flat—gives us a very broad basis for that admirable and kingly quality—charity.

LIFE is not so complex if we do not persist in making it so.



To be honest, to be fearless, to be just, joyous, kind. This will make our part in life's great and as yet not fully understood play one of greatest glory, and we need then stand in fear of nothing—life nor death; for death is life. Or rather, it is the quick transition to life in another form; the putting off of the old coat and the putting on of the new: a passing not from light to darkness, but from light to light according as we have lived here; a taking up of life in another form where we leave it off here; a part in life not to be shunned or dreaded or feared, but to be welcomed with a glad and ready smile when it comes *in its own* good way and time.

CHISWICK PRESS: PRINTED BY CHARLES WHITTINGHAM AND CO.
TOOKS COURT, CHANCERY LANE, LONDON.

BF
639
T668

Trine, Ralph Waldo, 1866-

Thoughts from Trine; an anthology from the works of Ralph Waldo Trine. Londo: G. Bell [192-?]

63p. port. 15cm.

226522

1. New thought. I. Ti

BF639 .T668
Trine, Ralph Waldo, 1866-1958.
Thoughts from Trine : an anthology from